





Group Exercise Schedule

July - August 2015

GYM	July - August 2015							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30AM		Group Cycle Carol	Boot Camp Jeff	Boot Camp Melissa	Cycle/Sculpt Kelli/Tracee	7:00 AM	Boot Camp Grady	
8:30AM	Zumba Laurel	Beg. Boot Camp Tracee	Zumba Chiquy	Beg. Boot Camp Tracee		8:00 AM	HIT & Core Stephanie	
9:00AM		Boot Camp Tracee		Boot Camp Tracee	Boot Camp Tracee			
9:30AM	HIT & Core Stephanie							
10:00AM					Group Cycle Danielle			
10:30AM			Zumba Gold Jessica					

Studio	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Pilates/H.I.T Kelli	Body Pump Melissa	TRX Susie	Group Cycle Jonna	TRX Susie	7:00 AM	Yoga Strong, Level 3 Dawn (75min)	
8:30 AM	CardioStep Margot	Yoga Medium, Level 2 Ana	Kickboxing Laurie	Yoga Medium, Level 2 Ana	Zumba Margot	8:00 AM		TRX Susie/Bobbi/Grady
9:30 AM	Body Pump Margot	RPM Express Kelli	Body Pump Stephanie	RPM/Pump Bobbi (75 min)	Body Pump Bobbi	8:30 AM	Cardio Step Interval Margot (45 min)	
10:00 AM		Cycle/Sculpt Kelli				9:00 AM		Kickboxing Laurie
10:30 AM	Yoga Medium, Level 2 Ana (75 min)		Yoga Medium, Level 2 * Lucy (75 min)		Yoga Strong, Level 2 Dolores (75 min)	9:15 AM	Body Pump Margot	
11:00 AM		Pilates Melissa		Pilates Theresa		10:00AM		Group Cycle Vicki
12:00 PM	Yoga/Pilates Margot	Zumba Amy (12:05pm)	Body Pump Light Stephanie	Ujam Donna	TRX Light Jill	10:15 AM	Zumba Kel	
3:30 PM	Group Cycle Danielle (45 min)	Kids Dance Fit Elaine	Group Cycle Danielle (45 min)	Kids Dance Fit Elaine		11:00 AM		Zumba Margot
4:30 PM	TRX Jeff	Cardio Kickboxing Laurie	Body Pump Bobbi	HIT & Core Stephanie	Body Pump Melissa	11:15 AM	Yoga Medium, Level 2 Liz	
5:30 PM	Body Pump Jessica	Zumba Jessica	Yoga Medium, Level 1 Margot	Body Pump Kolby	Ujam Suzi	12:00 PM		Yoga Specialty Staff
6:30 PM	Pilates Jill	TRX Grady	Zumba Monica	RPM George	TRX Bobbi	<div>❖Body Pump classes require a ticket to guarantee your spot in class. Please pick one up at the welcome desk up to an hour before class.</div>		
7:30 PM	RPM Annette	Yoga Gentle, Level 1 Yvonne	Body Pump Kolby	Yoga Gentle, Level 1 Doris	RPM Bobbi			

Pool Deck

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 AM		TRX Rip Fusion Bobbi		TRX Rip Fusion Kristie		<div>❖Classes outside on the pool deck are a part of your CRC membership.</div> <div>❖Class limited to the first 16 participants.</div>
9:30AM			TRX Tracee			
5:30pm			TRX Bobbi			
CCC	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 AM					Yoga Gentle, Level 1 Lucy	<div>❖Classes at the CCC are included in your CRC membership.</div> <div>❖ Non Member drop in fee for regular classes is \$15.</div> <div>❖ Non Member 50 + Classes drop in fee is \$8 for Residents and \$10 for Non-Residents.</div> <div>❖Bring your membership card to check in at the Miramonte room for class.</div>
10:00 AM	50+ Pilates Melissa					
11:00 AM		Yoga Gentle, Level 1 Doris		Yoga Gentle, Level 1 Lucy		
4:30 PM		Kids Yoga Doris				
4:30 PM		Pilates/Barre Margot				

50 & Older

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:45am			Tai Chi for Diabetes Jerri - SC			<div>50 and Older Classes are held in different locations.</div> <div>CCC - Community & Cultural Center A1 - Activity Rm 1 in the Senior Center S - Group Exercise Studio TC - Teen Center EG - East Gym</div> <div>Tai Chi Classes require pre-registration in the Senior Center.</div>
9:45am			Tai Chi Advanced Jerri - SC			
10:00am	Pilates Melissa - CCC	Fitness for Arthritis Alison - TC		Yoga Level 1, Gentle Yvette - A1	Fitness for Arthritis Alison - TC	
10:05am		Aerobics Amy - EG		Aerobics Amy - EG		
11:05am		Chair Yoga Amy - A1				
10:45am			Beginning Tai Chi Jerri - SC			
1:00pm	Functional Fitness Alison - S		Functional Fitness Alison - S		Functional Fitness Alison - S	
2:15pm				Pilates Theresa		